

Special Meditation Room Free Community Class

THE PATH OF VEDANTA

What is Vedanta?

Vedanta is the Science of Life. It is based on the *Upanishads*, the ending portion of the sacred scripture of India known as the *Vedas*. And Veda means – “to know” or “Knowledge,” so Vedanta is Eternal Knowledge. The course will be an introduction to these timeless teachings.

Synopsis of the Course

- * Understanding Human Nature
- * The Art of Living
- * The Technique of Self-Unfoldment
- * Guided Meditation

Schedule:

Same content, offered at two different times:

Tuesday, 7 to 8 p.m.

Thursday, 9:15 to 10:15 a.m.

First meetings: January 22, 24

Last meetings: April 16, 18

No class meeting: March 5,7 (Spring Recess)



Pictured: Srividya Chaitanya

Location:

Meditation Room in Larsen Hall #210, at corner of Colton Ave. and University St., on the campus of the University of Redlands, Redlands, CA

How to enroll:

This is one of our free community courses, offered at no charge through the Meditation Room Program. No registration required. Information: meditation_room@redlands.edu

Instructor:

Srividya Chaitanya is a Visiting Scholar from Hyderabad, India, in residence at the University of Redlands for 4 months. A graduate in Computer Science, she has been associated with Chinmaya Mission for over 25 years, since the age of ten. She had the Blessed Opportunity to meet the Founder of Chinmaya Mission, His Holiness Swami Chinmayananda. After working in multinational companies, she entered intense training in Vedanta and has since worked as the Acharya (Teacher-in-Charge) of Chinmaya Mission Cyberabad. She conducts Spiritual Discourses, Meditation sessions and Group Discussions, and her discourses attract and impress the listeners. She also conducts webinar study groups and is also associated with the Service activities of Chinmaya Seva Trust in Hyderabad.